

ABSTRACT OF THE DISCLOSURE

A composition and a method for administering an improved supplement to prevent bone density loss. The composition combines a calcium compound with inulin, and optionally magnesium, Vitamin D<sub>3</sub>, Vitamin K, Vitamin C, and may combine a soy isoflavone, all in a dietary acceptable form in a beverage, a beverage preparation, a paste, a bar, or a cookie.

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